Food, Allergies and Nutrition Policy

Reviewed by the Approved Provider, May 2026. Next review: May 2027.

Purpose

This policy explains how meals are planned and cooked at the centre, how we keep children with allergies safe, and how we support babies and children with special diets.

Meals cooked here

Breakfast, morning tea, lunch, afternoon tea and a late snack are cooked in our own kitchen each day by our cook, using fresh produce. The menu runs over four weeks and changes with the seasons. This week's menu is on the noticeboard on our website and at the front entrance.

A nut-aware centre

Pippinvale is a nut-aware centre. No nuts or foods containing nuts are cooked at the centre, and we ask families not to bring them in, including in birthday treats and lunchboxes for excursions. We cannot promise that every packaged food is free of traces of nuts, which is why every child with a food allergy has a plan.

Children with allergies

Before your child starts, please give us an ASCIA Action Plan for Anaphylaxis or Allergic Reactions, signed by your doctor, and any medication on the plan, such as an adrenaline autoinjector. The plan and medication travel with your child on every excursion. Every educator holds current anaphylaxis training.

Special diets

We cater for medical, cultural and religious diets, and for vegetarian children. Tell us about your child's diet at enrolment and the cook will plan their meals with you. A photo of each child with a special diet is kept in the kitchen and in their room so no one gets the wrong plate.

Babies

Breastfeeding mothers are welcome to feed in our quiet feeding chair in the Wrens room at any time. Please bring expressed breast milk or formula in labelled bottles. Solid foods are

introduced in step with what you are doing at home.

Water and drinks

Children drink water and milk. We do not serve juice, cordial or soft drinks. Every child has their own named water bottle within reach indoors and outdoors.

Mealtimes

Educators sit and eat with the children. Children serve themselves where they can, are never made to finish a plate, and food is never used as a reward.

Food safety

Our kitchen is registered with the local council and our cook holds a current food safety supervisor certificate. Educators who handle food follow the same hand washing and storage rules.

Questions about this policy are welcome. Speak with the director at the centre, or call (03) 5550 0178.